



Personal Euphoria Winter Fitness Schedule



Virtual fitness classes presented by the Berlin Parks &
Recreation Department.

Tuesday

Jan 10-Mar 28

Pilates: 6-6:45pm with Rob

Fee: \$88 residents / \$98 non-residents

Wednesday

Jan 11-Feb 15

15 min HIIT: 8:10-8:25am with Maggie

Fee: \$20 residents / \$30 non-residents

Jan 11-Mar 29

Cardio Strength: 8:30-9:15am with Maggie

Fee: \$88 residents / \$98 non-residents

Jan 11-Mar 29 (No 02/22)

Tighten & Tone: 6-6:45pm with Allison

Fee: \$80 residents / \$90 non-residents

Thursday

Jan 12-Mar 30

Core Strength: 6-6:45pm with Rob

Fee: \$88 residents / \$98 non-residents

The Berlin Parks and Recreation Department is accepting registration through WebTrac on
the Town's website at www.berlinct.gov or in person at
230 Kensington Rd, Berlin, CT 06037.

Look for us on Facebook at facebook.com/TownBerlinCT.
For more information, call our Department at 860-828-7009.



Class Descriptions



15 min HIIT

You're in your out. Short on time? This is the workout for you. Backed by research that shows short bouts of intense exercise can be as effective as longer more moderate workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in-between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized. Pairs great with Cardio Strength right after!

Cardio Strength

This functionally, fun class provides a complete workout that will help tone and reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, this class incorporates some light cardio to help improve cardiovascular health. The strength and cardio combo is a great way to improve overall fitness and build bone density.

You'll need a yoga mat and weights (1-3lb and 5-8lb, or larger if desired).

Core Strength

This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands, and your own body weight to improve strength, flexibility, balance, and stamina to sculpt and tone. You'll need a yoga mat, water, and light weights.

Pilates

Exercises focus on the core muscles which include the abs, back, glutes, and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to make you strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. You'll need a mat, water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball.

Tighten & Tone

Get the endorphins flowing in Tighten & Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. You'll need a mat, a blanket, 2-3 lb. weights, and 9 inch ball, and resistance loop resistance bands are recommended as well.